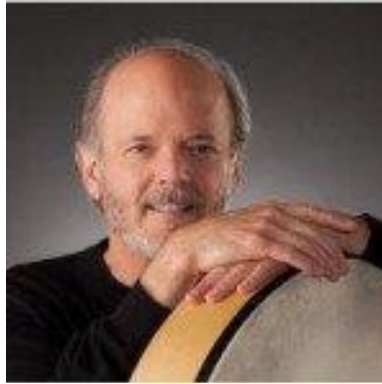


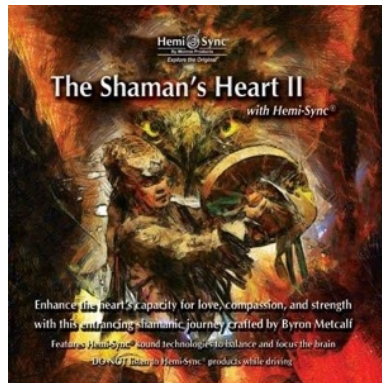
SHAMAN'S HEART II: AN INTERVIEW WITH BYRON METCALF



Monroe Products: Why did you create The Shaman's Heart II? What is different from the first album?

BM: I've had many requests over the years to create a "long form" shamanic journey CD a journey that would not be interrupted by separate tracks or even separate tracks that seamlessly flow into each other (crossfading). The award-winning "The Shaman's Heart w/Hemi Sync" contains 7 tracks and is based on subdivisions of the "classic" shamanic journey tempo of 220 beats per minute (55, 110, 220). The heartbeat rhythm is 55 bpm with the drums and rattles being played at all three tempos at various times during the individual tracks. Although the tracks flow seamlessly into each other using nature sounds and ambient atmospheres, there are clear demarcations between the tracks, which is fine, and in some situations, even preferable. So the idea of creating "The Shaman's Heart II" emerged as logical way to expand on the original by creating a long form composition that also utilized the subdivisions of 220 bpm and the heartbeat rhythm, but would be a continuous 70 min journey with no individual tracks. The Shaman's Heart II continually evolves and builds in rhythmic complexity and dynamic intensity and is further expanded by the sonic mastery of Steve Roach, who provides analog and organic textures and atmospheres throughout. The result is a deeply powerful and sustained shamanic journey that culminates in returning safely home to a heart-centered presence.

THE SHAMAN'S HEART II WITH HEMI-SYNC®



This powerful and potent shamanic journey invites the listener to make full contact with their heart, their own inner wisdom, and non-physical helpers and guides to reveal, heal and transform the habitual patterns and blocks that inhibit and stifle growth and creativity. Byron Metcalf's continuous heartbeat rhythm, medicine rattles, heart and soul activating trance drumming combines with Hemi-Sync® and Steve Roach's sonic mastery for a rewarding and memorable shamanic journey. Repeated use of this music in a personal ritual or ceremonial context will enhance the heart's capacities for love, compassion, courage, power, and strength.

Length: 71 minutes